

1    **Abstract of Disclosure**

2    A telescopic support includes a tube and an elongated element inserted in  
3    the tube and formed with a series of ratchets. A driving and locking  
4    device includes a locking element, a spring and a driving element. The  
5    locking element includes a jaw formed with at least one ratchet and being  
6    pivotally installed on the tube. The spring is provided between the tube  
7    and the locking element for biasing the ratchet of the locking element into  
8    engagement with the ratchets of the elongated element. The driving  
9    element includes a jaw formed with at least one ratchet. The driving  
10   element can be pivoted on the tube in a direction so as to engage the  
11   ratchet thereof with the ratchets of the elongated element. The driving  
12   element can be pivoted in an opposite direction so as to disengage the  
13   ratchet thereof from the ratchets of the elongated element and pivot the  
14   locking element for disengaging the ratchet of the locking element from  
15   the ratchets of the elongated element.

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